



Cairnmillar
INSTITUTE

Treatment | Education | Research

Short
Course
Centre

Summer School 2012



Counselling Skills Programs

Introduction to Counselling Skills

This course is aimed at individuals who currently work in a helping role and would like to further develop their skills, or anyone who is interested in learning more about counselling and potentially looking to take the first step towards a new career. In this program participants will learn the basic skills required to become effective in helping people with their problems, conflicts, decisions, and relationships. Through hands-on exercises and role-plays, students will come to understand the counselling process and develop an awareness of what is required to become an effective counsellor.

Participants will learn to recognise and develop the qualities required of helpers and have the skills to build rapport and a collaborative working relationship with clients. The emphasis is on developing practical skills and building your confidence and understanding some of the core, often complex issues, which are present in the counselling process.

Topics to be covered

- Establishing rapport
- Building a collaborative working alliance with clients
- Active listening skills
- Awareness of body language and non-verbal communication
- The stages involved in the counselling process
- Techniques to promote client insight and emotional awareness
- What to ask – review of different questioning techniques
- Demonstrating empathy
- Reflective responses
- When to challenge - building skills to challenge clients
- Assessing the client at risk
- Solution-focused and problem solving strategies
- Self awareness in the counselling process

Daytime Programs

January 9 - 12

March 19 - 22

June 18 - 22

September 10 - 13

November 12 - 15

Monday to Thursday

10.00am to 4.00pm

Tuition Fee – \$650

Evening Programs

February 8 - March 21

May 16 - June 27

September 5 - October 17

Wednesdays x 7 weeks

6:00pm to 8:30pm

Tuition Fee – \$650

“Cairnmillar can offer these programs for your organisations needs. Our consultants can offer these programs in your workplace. Our facilities are also available to run specific training programs.”

Counselling Skills Programs

Advanced Counselling Skills

This course is aimed at individuals who already have training or experience in a counselling capacity. In this program you will learn to apply the core skills learnt in the introductory course to particular problems and issues, such as depression, anxiety management, grief and loss and suicide risk assessment.

Throughout the program, students will be challenged to reflect on the way their own experiences impact on the counselling process and learn to recognise and manage their own feelings. Students will learn more advanced skills in maintaining the counselling relationship and managing issues such as client resistance and interpersonal processes in therapy.

The importance applying psychotherapeutic theory in regards to the conceptualisation of client presenting problems and the application of appropriate therapeutic interventions will also be highlighted through a brief introduction of different theoretical models. Cognitive Behavioural Therapy (CBT) will then be discussed in more detail and practical case examples will be used to demonstrate CBT interventions for depression and anxiety. Participants will be encouraged to extend their knowledge of psychotherapeutic theories and interventions in order to develop a sound framework for working with clients and further enhance their effectiveness in their varied helping roles or professions.

Topics to be covered

- Review of micro skills and counselling techniques
- Introduction to different psychotherapeutic theories and models
- Performing a Mental Status Exam
- Addressing maladaptive repetitive relational patterns
- Introduction to Cognitive Behavioural Therapy (CBT) theory
- CBT interventions for depressive symptoms
- CBT interventions for anxiety management
- Working with client resistance
- Interpersonal processes in therapy
- Suicide risk assessment
- Introduction to counselling for grief and loss issues
- Preventing counsellor burnout
- Ethical issues in counselling

Daytime Programs

January 16 - 19

April 16 - 19

August 6 - 9

November 26—29

Monday to Thursday

10.00am to 4.00pm

Tuition Fee – \$650

Evening Programs

April 4 - May 16

October 31 - December 12

Wednesdays x 7 weeks

6:00pm to 8:30pm

Tuition Fee – \$650

Cognitive Behavioural Therapy

Introduction to Emotion Focused Therapy and its combination with Imaginal Techniques

Cognitive Behavioural Therapy (CBT)

We hear a great deal about CBT, its widespread application to many problems, and its effectiveness with some major problems.

- What is CBT?
- How does it operate?
- Why is it effective?
- Who can use it?

In this workshop you will learn how CBT helps people think differently, feel differently and behave differently. Participants will hear how it can be used with considerable benefit for anxiety and stress related problems, depression and relationship conflicts. Worksheets and questioning techniques that help clients to identify and improve their unhelpful thinking patterns and explore their maladaptive beliefs will be presented and participants will have an opportunity to practice the method in role plays.

Topics to be covered

- Theory of CBT and what it can achieve for clients
- Techniques of self monitoring and self reinforcement
- Strategies for identifying and challenging dysfunctional thinking
- Identifying the origins, triggers and sustainers of unhelpful thought patterns
- The critical components of CBT as a therapeutic intervention for depressed people

January 9 - 11

10.00am to 4.00pm

Tuition fee – \$550

Introduction to Emotion Focused Therapy and its combination with Imaginal Techniques.

Emotions are central to human relations and to human experience. When people seek psychotherapy their emotions can be accessed as resources to provide a direction for healthy development rather than continue to be seen as unwanted symptoms.

This one day workshop will provide participants with an accessible introduction to the humanistic basis and general working approach to Emotion-Focused Therapy, as well as touch on its application with certain imaginal techniques. It is suitable for clinicians with at least an intermediate level of experience and knowledge in psychotherapy.

Some of the topics covered will be:

- Emotions and their components as resources to healthy development
- Tuning into client micro-processes, and developing an emotion-focused therapeutic stance
- Empathy and its component processes (such as letting go, entering, resonating, selecting, and expressing)
- Developing an emotion-focused therapeutic relationship
- Selecting therapeutic tasks such as:
 - * Allowing experiencing, focusing
 - * Processing problematic experiences
 - * Imaginal coping rehearsal from an EFT perspective
 - * Two chair work (if time permits)
 - * Empty chair work (if times permits)

January 23

9:30am to 4:30pm

Tuition fee – \$195

The Pressures Facing the 30 Something Women in Today's World Too much or Too Little Choice?

The Pressures Facing the 30 Something Women in Today's World Too much or Too Little Choice?

Social changes since the 1960's have offered women a multitude of choices; however, these choices have also been accompanied by new pressures and anxieties. Using the idea that too much choice can be bewildering this workshop will explore and discuss the opportunities, conflicts, stressors and hopes faced daily by women.

Choices around relationships, sex, body image, motherhood, career and identity will be explored and discussed. Please also bring along any issues which are of significant societal or personal concern to you and we can discuss them in a supportive atmosphere.

This workshop is open to all women and will focus on the following areas of interest:

Topics to be covered

- How do I know I have made the right choices?
- My life is not where I thought it would be – how did I get here?
- I keep trying to achieve the things I want but they never seem to eventuate – I'm running out of patience
- I'm feeling lost – my life lacks meaning and purpose
- I made choices that seemed right at the time, yet I still feel unfulfilled
- I know that I have choices, but I'm unable to act on them and feel stuck in an unhappy place
- I know where I want to be but I keep making the wrong choices.

January 24 - 25

10.00am to 4.00pm

Tuition fee – \$370



Multidimensional Psychology

Psychology and Film

Multidimensional Psychology

Multidimensional psychology (MDP) is a transpersonal therapy, which introduces the next paradigm in psychological healing. Working with the principle that we have a multidimensional nature, the MDP therapist supports the healing and synthesis of the client's conscious, subconscious and superconscious selves.

In this process you learn how to build a co-operative & co-creative relationship between your 3 selves. With the conscious self acting as the coordinator, any misperceptions and obstacles within the subconscious self are lovingly understood and transformed. The growing relationship with your superconscious self brings greater joy and a deeper sense of clarity about your life purpose and direction.

This introductory workshop is open to all and will help you understand the following questions:

Topics to be covered

- How can I find more joy in life?
- How do I build a relationship with inner subconscious figures like my inner child?
- How do I turn my subconscious into my ally?
- How do these inner figures create obstacles to my growth?
- Can I trust my conscious self to guide me?
- Why am I at war with myself?
- What is my soul and how do I access it?
- Does my life have a purpose?

The format of the 2 day workshop will include presentations, group discussions, case studies, meditations and other exercises.

January 19 - 20
10.00am to 4.00pm
Tuition fee – \$370

Psychology and Film

Film and psychology share an interest in exposing the inner experience of the people concerned. We watch characters involved in a wide range of experiences, grappling with issues and managing situations with varying degrees of insight.

Sometimes we experience a significant emotional or physical reaction to what we see, and at times there can be an experience of greatly subjective intensity.

It is possible within a short period of time to be filled with joy, fear, sadness or hilarity and to leave a venue wondering and identifying with something or someone you had just seen portrayed on screen.

In this one day workshop we will view scenes and discuss aspects from various films reflecting the following theme:

- Humour
- Fear
- Sexuality
- Self Identity
- Aggression

We will discuss the following questions:

- Why does that scene, character, event impact upon me?
- What is happening in me to emotionally react to what I have seen?
- How does a scene stay in my mind?

The format of the workshop will include presentations and group discussions in a relaxed learning environment.

January 27
Friday
9:30am to 4:30pm
Tuition fee – \$195

How to Fight Well... 'All's Fair in Love and War'

How to Fight Well... 'All's Fair in Love and War'

- Do you find yourselves arguing about the same thing, over and over?
- Are your arguments leaving you exhausted, angry, disappointed, disillusioned?
- Do you think that you might be able to work things out in a better way?
- Is your fighting leaving you feeling more alone than ever?

Hostility and antagonism may present themselves as irritability, annoyance, unfriendliness, pouting, grudges, peevishness, nagging, jealousy, and temper.

There must be another way to do it, or think about it.

This one-day workshop explores conflict in intimate relationships.

Using Dr Francis Macnab's Contextual Modular Therapy as a guide, we will examine how, why and when we fight. You are welcome to attend alone; or bring your partner.

Bring your sense of humour as well – it can help!

January 20

Friday

9:30am to 4:30pm

Tuition fee – \$195



The Quarter Life Crisis - Finding Meaning and Life Purpose in Your 20's

The Quarter Life Crisis: Finding Meaning and Life Purpose in your 20's

For many young people in western industrialized countries, the period throughout the twenties, are years characterized by profound change and importance. This period will usually provide a foundation for occupational achievements for the remainder of adult life, income, and is often a time for frequent change in love, work and worldviews. By the close of the late twenties most people have made life decisions that will have lasting ramifications. This timeframe has been called the emerging adulthood, and is a distinct time period in regards to identity issues and self exploration.

However, not knowing what to do, what choices to make, or how to achieve life goals can be stressful and is frequently characterised by confusion, worry, fear, anger and frustration. The stakes become even higher when people are beginning to approach an age when options tend to narrow, and there is a sense that more permanent commitments and life choices should be made.

This program will explore the following issues:

- Exploring individual identity
- “Soul agitation” - experiencing and managing feelings of restlessness
- Building self awareness
- Exploring your choices
- Finding and maintaining relationships
- Committing to goals
- Career development
- Managing your work identity versus personal identity
- Establishing your independence
- Surviving and Thriving
- Wonder and the search for meaning
- Coping with a constant drive for achievement
- Longing for meaning and contentment

If any of the above issues seem relevant or important to your current experience, then we hope to see you in January for a workshop which will look at building psychological resources to improve coping skills and self-management, as well as provide opportunities for self development and growth.

February 2 - February 23

Thursdays x 4 weeks

6:00pm to 7:30pm

Tuition fee – \$160

for those interested to have a one on one session as follow up can at \$30 per hour.

Positive Parenting after Separation and in Difficult Times

Positive Parenting after Separation and in Difficult Times

Parenting after separation or under conditions of stress has presented significant challenges to families over recent decades. While all efforts are made to maintain a resilient family unit, it is inevitable that many parents “do it tough” and/or do not stay together under one roof.

Challenges include: financial difficulty, work life imbalance, living arrangements for all parties, parenting planning, understanding what is in your child’s best interests, living with mental illness, etc.

The ramifications for children in stressful conditions, or after family breakdown may be anywhere along the continuum of very negative to very positive for children.

The question which may be asked by many struggling parents may be “how do I do what’s best for the children?”

Issues for discussion will include:

- The nature of stress
- Sources of anxiety
- Sharing different experiences
- Stages of separation and grieving
- Strong parents means strong children
- A different family
- What’s going on with the children?
- Stage of parenting planning
- Dealing with strong emotions
- What’s working well?
- What can I work on?
- Where can I build support?

January 13

Thursday

10.00am to 4.00pm

Tuition fee – \$185



Psychodynamic Therapy with Families

Facilitator:

Assoc Prof Jo Grimwade



Associate Professor Jo Grimwade has been a practising clinical psychologist for nearly three decades and has been an academic for two decades. His PhD identified the complex factors that align when a person seeks mental health assistance with a child and how such factors continue to influence subsequent sessions.

Areas of Practice include:

- Family adjustment problems
- Family therapy
- Couple counselling
- Depression and anxiety
- Substance use
- Child and school problems
- Grief and loss
- Trauma and abuse
(including sexual abuse of children)

January 12 - February 9

Thursdays x 4 weeks

(excluding Jan 26)

2:00pm to 5:00pm

Tuition fee – \$370

The first masters of family therapy were first trained in psychodynamic work. In the 1950s and 1960s American therapists rebelled against psychoanalysis and the anti-Freudian mood continues at The Ackerman Institute for the Family, which was founded by psychoanalyst Nathan Ackerman in 1961.

In the United Kingdom, the relationship between psychodynamic ideas and family therapy practice has usually been respectful and mutually nurturant. In Australia, the nurturant co-existence of the ideas has occurred in Psychiatry, but the American antagonism has been manifested among Social Workers: Social Work being the foremost source of family therapists in Australia.

In a series of four, three-hour seminars, participants will become acquainted with a psychodynamic approach to family therapy that focuses on the surface, rather than on depth. The participants will be provided with an overview of the psychodynamic family therapy literature in the first seminar. As an introduction, participants are encouraged to read Luepnitz (1988) - *The family interpreted: feminist theory in clinical practice*. New York: Basic Books.

The second seminar will focus on psychodynamic thinking when working with families. Key notions will include: development, authority, grief, and transitions.

The third seminar will focus on other ideas that support working with families.

The final seminar will articulate the surface approach. Each seminar will involve case study or role play.

Introductory workshop on Wechsler Memory Scales (WMS-IV) and the Children's Memory Scale (CMS)

An introductory workshop on Wechsler Memory Scales (WMS-IV) and the Children's Memory Scale (CMS)

This workshop would be suitable to all current supervisors, psychologists considering a role as a supervisor, supervisees, mental health professionals and prospective supervisees.

The workshop provides an introduction to the practical knowledge and skills required to administer, score, interpret, and to write reports relating to the WMS/ CMS scores. Participants will gain an understanding of these memory scales as well as practical information regarding the use of the tests in clinical practice.

Satisfactory completion of the workshop will help you to attain a level of competence in a well known measure of child and adult memory. The workshop is presented by a highly qualified and experienced teacher and psychologist.

The workshop will provide a brief introduction to the Memory Scales and writing of assessment report

- What the scales measure
- Administration
- Scoring
- Interpretation
- Report writing

The workshop will be divided into 3 sessions:

Session 1: An introduction to the memory scales – Test Structure and fundamentals in test administration – General Test Administration Guidelines; Brief Cognitive Status Exam

Session 2: Practical training in the administration of the WMS & CMS

Session 3: Scoring and Reporting results

January 16

9:30am to 4:30pm

Tuition fee – \$195



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